



Spicy Peanut Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon brown sugar packed ()
- ☐ 0.5 cup creamy peanut butter freshly ground (do not use old-fashioned or)
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 garlic cloves minced
- ☐ 4 teaspoons juice of lime fresh
- ☐ 1 cup low-salt chicken broth canned ()
- ☐ 0.1 teaspoon pepper dried red crushed

- ☐ 1 large shallots chopped
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

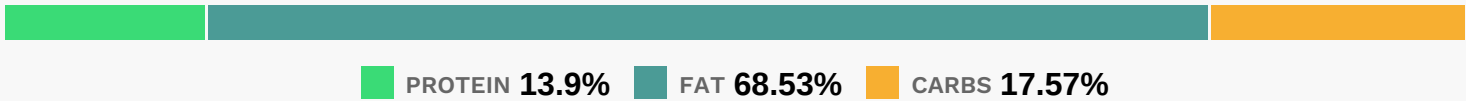
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in nonstick skillet over medium heat.
- ☐ Add shallot, ginger and garlic; sauté until shallot is tender, about 3 minutes.
- ☐ Add curry powder and crushed red pepper. Stir until aromatic, about 15 seconds. Stir in 1 cup broth, peanut butter, lime juice, soy sauce, and brown sugar; whisk to blend. Simmer until mixture thickens, whisking constantly, about 3 minutes. Season with salt and pepper.
- ☐ Transfer to bowl and cool, whisking occasionally. Cover and refrigerate 2 hours. (Can be made 2 days ahead. Keep refrigerated.) Thin dip with more broth by tablespoonfuls if needed.
- ☐ Serve dip chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:6.7552173228368%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 199.77kcal (9.99%), Fat: 16.28g (25.04%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 7.74g (2.81%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 328.26mg (14.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Manganese: 0.45mg (22.67%), Vitamin B3: 4.28mg (21.38%), Vitamin E: 2.7mg (17.97%), Magnesium: 48.95mg (12.24%), Phosphorus: 113.75mg (11.38%), Vitamin B6: 0.17mg (8.42%), Copper: 0.15mg (7.68%), Potassium: 233.95mg (6.68%), Fiber: 1.65g (6.59%), Folate: 25.76µg (6.44%), Vitamin K: 5.62µg (5.35%), Zinc: 0.78mg (5.19%), Iron: 0.86mg (4.76%), Vitamin B2: 0.07mg (4.35%), Vitamin B5: 0.32mg (3.18%), Vitamin B1: 0.05mg (3.04%), Vitamin C: 2.09mg (2.53%), Calcium: 22.8mg (2.28%), Selenium: 1.42µg (2.03%)